Safety Plan for

Date:_________________

**Step 1:** I can do the following things to take care of myself in moments of distress:
1. ______________________________________
   ______________________________________
2. ______________________________________
   ______________________________________
3. ______________________________________
   ______________________________________

I will avoid/remove the following situations/people/things to keep my environment safe:
1. ______________________________________
   ______________________________________
2. ______________________________________
   ______________________________________

**Step 2:** I can contact the following people/agencies for help:
1. ___________________________________
2. ___________________________________
3. ___________________________________
4. **Call**
   __ National Suicide Prevention Lifeline:
   800-273-8255
   __ Crisis Link: 703-527-4077
   __ CAPS: 703-993-2380 (8:30am-4:30pm M-F)
   __ CAPS: after hours through Housing Staff or Mason Police at 703-993-2810
   __ Specific resource: _______________________
5. **Text**
   __ Crisis Link: text CONNECT to 85511
   __ Crisis Line: text HOME to 741741
6. **Visit**
   __ CAPS in SUB 1, Suite 3129
   __ Local Emergency Room